

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Seasonable Fruits, Strawberries, Cherries and Pineapples

Careful Buying, Skillful Cooking and Steady, Small Quantity Preserving Will Serve Your Purpose Best

By Virginia Carter Lee
JUST now, when strawberries, cherries and pineapples are at the height of their all-too-brief season, the home caterer should not only use them lavishly in planning her daily menus, but should also look far enough ahead to put up these delectable fruits for use next winter.

Casual Preservings
With sugar selling for seven cents a pound, there is no excuse for an unfilled preserve closet, and, even if the family is small, a few jars and glasses of the fruits as they come in season, put up in different forms, or even the canned juices themselves, will help out materially when cold weather comes and fresh fruits are scarce and high in price.

In the sample menus (with budgets) the featured fruits are used with a free hand, and should there be any left-overs they may often be combined and preserved, as suggested in the strawberry and pineapple preserve or in the pineapple and rhubarb conserve.

Frequently when preparing pineapple for either the table or preserving the hard core is discarded as worthless. This, however, may be cut in small pieces, covered with cold water, brought slowly to the boil and then simmered until the fruit is in shreds. Strain and you will have a delicious addition for fruit beverages or the basis for a jelly or sherbet.

Points on Buying and Serving
In using cherries it must be remembered that in most recipes (especially puddings and pies) the smaller tart variety is to be preferred when cooked, the flavor is so much more pronounced than the large oxearts which are so delicious raw.

When serving cherries plain as a fruit course always have them thoroughly chilled, and, if the day is very sultry, serve them with cracked ice. They will be a revelation to those who only know them lukewarm. An exception is, of course, made when one is fortunate enough to pick them sun-warm from the trees.

For the frosted strawberries select large berries and dip either in thick boiled frosting or a meringue mixture made from the stiffly whipped white of one egg and a tablespoonful and a half of powdered sugar. Lay on paraffin paper and serve piled in a glass sherbet cup.

When strawberries are to be kept

over night (especially from Saturday until Sunday) turn out the fruit on a large platter as soon as it comes from market. Look over carefully and remove any soft berries. Cover with paraffin paper, set on the lower shelf of the ice chest, and they will keep perfectly.

To prepare the pineapple cocktails, shred the fruit, sprinkle with powdered sugar and add just a suggestion of ground cinnamon. Chill on the ice for several hours, or overnight, and when ready to serve (for an individual cocktail) place in a chilled cocktail glass three tablespoonfuls of the pineapple and syrup, the edible pulp from half a large orange and two tablespoonfuls of grape juice. Top with a large pitted oxeart cherry and serve at once.

The pineapple lemonade will be found very refreshing, and is made from the pineapple syrup obtained by boiling down the cores. To a cupful of the sweetened syrup use the juice of two lemons, and let stand for several hours on the ice. Then add one quart of cracked ice, a thinly sliced orange and a pint each of chilled water and iced vichy. Serve in tall glasses.

For the strawberry fritters, mix and sift together one cupful of flour, two teaspoonfuls of baking powder, one-quarter of a teaspoonful of salt and three tablespoonfuls of powdered sugar. Beat one small egg lightly, add a quarter of a cupful of milk and gradually blend with the dry ingredients. Beat well, and add one tablespoonful of salad oil and half a cupful of thick crushed strawberry purée (part of the fruit juice may be drained off). Fry by the spoonful in deep hot fat, drain on brown paper and sift with powdered sugar.

In arranging the budgets for the menus, pineapples have been figured at 35 cents, the tart cherries at 25 cents a quart basket, the oxeart variety at 35 cents for the same quantity, and strawberries at 35 cents a quart for the large ones to be served as nature and at 25 cents for those used for culinary purposes.

Generally when buying to preserve, the small fruits (cherries and strawberries) will answer every purpose, but for the sunshine method only the largest strawberries should be used.

Frequently, too, a basket of either strawberries or cherries may be divided or used on two occasions, an example of this being illustrated in the strawberry fritters and the



Four Days of Fruity Menus for Four, With the Cost Thereof

BREAKFAST (90 CENTS)
Unstuffed Iced Cherries
Parsley Omelet Radishes
Buttered Toast
Coffee

LUNCHEON (\$1.00)
Pineapple Cocktails
Lettuce Sandwiches Iced Fruit Tea
Strawberry Fritters
DINNER (\$1.70)
Tomato Soup
Baked Stuffed Bluefish Parsley Potatoes
Spinach Sweet Pickled Cherries
Pineapple Sponge Pie

BREAKFAST (75 CENTS)
Molded Cereal
With Strawberry Whip
Broiled Bacon Popovers
Coffee

LUNCHEON (\$1.05)
Clam Chowder Crackers
Pineapple, Date and Cheese Salad
Cherry Cup Rolls
DINNER (\$1.92)
Tortilla Bouillon
Broiled Hamburg Steak with Mushrooms
Green Peas Creamed Potatoes
Strawberry Sponge

BREAKFAST (80 CENTS)
Sliced Pineapple
Rice Waffles Cinnamon and Sugar Coffee

LUNCHEON (90 CENTS)
Fish and Cucumber Salad
Hot Rolls
Cherry Bread
DINNER (\$1.65)
Aspic Jelly Canapés
Lamb and Kidney Pie
Creamed Onions Riced Potatoes
Strawberry and Cherry Salad

LUNCHEON (\$1.00)
Deviled Eggs
Graham Gems Radishes
Pineapple Lemonade
Honey Cake

DINNER (\$3.50)
Purée of Cherries and Grape Juice
Pulled Bread
Roast Guinea Hen String Beans
Escalloped Potatoes
Strawberry Macaroon Mousse

strawberries used in the salad on the following day.

Pineapple Salad

Use one large slice of ripe pineapple for each service and scald for three minutes in a sugar syrup flavored with lemon juice. Drain, cool and chill. Cut each slice in quarters, arrange on a bed of crisp lettuce and place between the slices quarters of pitted dates. Dress with a boiled dressing, using the syrup and pineapple juice in which it has been scalded as the basis, and place in the center a ball of cream cheese, blended with chopped nut meats and paprika. Top the ball of cheese with a large pitted oxeart cherry.

Strawberry Sponge

Soak one and a half tablespoonfuls of gelatine in half a cupful of strawberry juice and dissolve over hot water. Add to two cupfuls of strawberry purée and stir occasionally as it begins to thicken. Beat until solid one pint of chilled double cream, whip in one and a half cupfuls of powdered sugar, add the juice of a quarter of a lemon and combine with the gelatine fruit mixture. Line an ornamental mold with

halved lady fingers, pour in the sponge and chill on the ice.

Cherry Cup

Place in a large bowl one quart of pitted oxeart cherries, with every particle of the juice. Add one cupful of cold tea, half a cupful of shredded fresh pineapple, one small cupful of powdered sugar, two or three sprigs of fresh mint, one thinly sliced orange and two lemons. Let stand in the ice chest for three or four hours to chill and ripen, and when ready to serve add a pint of cracked ice and a quart of chilled carbonated water. Serve in tall

glasses with long-handled lemonade spoons so that the fruit may be eaten.

Pineapple Sponge Pie

Beat the yolks of two eggs until lemon colored, add three-quarters of a cupful of sugar, a quarter of a teaspoonful of salt, one tablespoonful of melted oleo, half a teaspoonful of flour, one and a quarter cups of shredded pineapple, the grated rind of a quarter of a lemon and the stiffly whipped egg whites. Pour into a deep pie plate lined with pastry and place strips of pastry lattice

fashion over the top. Bake in a moderately hot oven.

Cherry Bread

This is a very simple dessert and it should be made from the small, tart cherries, that have such an excellent flavor. Cut stale bread in thin slices and thickly butter them. Cook one quart of the pitted cherries with water to cover and sugar to render them quite sweet. Cook until the fruit is tender and fill a mold with alternate layers of the bread, syrup and fruit. Place under a light weight and chill in the ice

Whether to Can or to Make Preserves Depends Partly on the Nature of the Fruit in Hand

box. Serve with sweetened and flavored whipped cream.

Strawberry Macaroon Mousse

Boil one cupful of sugar and a quarter of a cupful of water for five minutes and pour slowly on the stiffly beaten yolks of four eggs. Return to the upper part of the double boiler and cook, stirring constantly, until the mixture coats the

back of the spoon. Beat until cold and add half a teaspoonful of vanilla extract, one small cupful of crushed sweetened strawberry pulp, one pint of chilled double cream, whipped solid and half a cupful of crushed dried macaroon crumbs. Turn into a mold with water-tight cover and bury in ice and rock salt for four hours before serving. Serve with a crushed strawberry sauce.

How to Have Your Fruit Preserved and Eat It, Too

YOU will be sorry in December if you slight the fruits of June!

The way to use them all the time is to serve them with slight variations, such as the recipes suggest.

Most city dwellers, who must buy their fruit at market prices, will be among the "casual canners," and so a few specialized preserves are suggested. If you want to can by the cold pack method (and we have never recovered from our devotion to it, acquired under war-time stress) there are United States Department of Agriculture Farmers' Bulletins, Nos. 839 and 853, to tell you just "how" and "how long" each step in the process should be taken.

Sweet Pickled Cherries

Stone the desired number of large cherries, cover with cider vinegar and stand in a cool place over night. The next morning drain off about half of the liquor and use this for making "shrub" or cherry vinegar. Arrange the cherries and the rest of the liquor in a stone crock with alternate layers of white sugar, allowing half a pound of sugar for each pound of the fruit. Add also a broken piece of stick cinnamon and for three pounds of the cherries, eighteen whole cloves and ten blades of mace. Keep the crock covered and in a cool place and stir up daily with a wooden spoon for ten days. The pickle may then be put in smaller receptacles, but need not be sealed air-tight.

Strawberry and Pineapple Preserve

Allow six quarts of strawberries, one quart of shredded pineapple, four cupfuls of water and eleven pounds of sugar. Cook the pineapple in the water about twenty minutes, add the heated sugar, and, when boiling, the hulled washed berries.

Cook twenty minutes and seal air-tight in sterilized jars.

Sunshine Strawberry Preserves

Put into a preserving kettle layers as many pounds of sugar as you have hulled washed berries. Set aside for four or five hours and set over the fire to simmer for ten minutes after boiling begins. Then turn the berries into shallow agate pans or china plates, cover with panes of window glass and set in the direct heat of the sun. Let stand for three days, stirring three times daily. Remove the pans of fruit into the house over night and seal when ready as usually. These strawberries have the fruit flavor, not obtainable by any other method.

Pineapple, Rhubarb and Orange Conserve

Cut sufficient rhubarb fine to make one pint and add it to two quarts of finely diced pineapple. Arrange the fruit in layers in a preserving kettle, with the pulp of two large oranges and two and a half quarts of sugar. Chop the rind of the oranges very fine, cover with cold water, and let stand over night, then cook in the same water until very tender. Add the rind to the fruit and sugar, after the latter has stood for several hours and the juice has begun to run freely and cook down until thick like marmalade. Store in jelly glasses.

Cherry Yum-Yum

Place in a preserving kettle one quart and a pint of tart cherries and add one small cupful of water, one cupful of seeded raisins cut in halves, half a pound of English walnuts, broken in pieces, the juice of one lemon and of one orange, two whole oranges cut in very thin slices and one quart of sugar. Bring to the boiling point and let simmer for nearly one hour or until quite thick. Stir frequently, to prevent scorching. Store as for marmalade.

Spacious Kitchens Make No Appeal to the Cook, Who Is There to Work, Not Walk

Save the Kitchen Mileage and Get Out of Doors

By Harriet Sisson Gillespie

TO CUT down kitchen mileage is obviously most important to the servile housewife to-day, for, laying aside the boggy technical efficiency, it is as "plain as a pikestaff" that one pair of women's hands and two ever so swift feminine feet can accomplish only a fraction of household work unless a soupcon of gray matter is mixed with it. Now, a leading citizeness of Plainfield, N. J., herself a writer and the wife of a literary man, was keenly aware of this fact, and although she was no efficient expert when she bought an old house of the mid-Victorian era with certain quaint Gothic tendencies and started to remodel it for a home, she began with the kitchen.

A Marathon Around the Stove

Since hers was to be a servant-less household, and the service portion as she found it was rambling and impractical, she set about bringing the two ideas into harmony. She aimed to make her culinary domain adequate not only for a family of two, both of whom had definite outside interests, but also to provide hospitality for the guests who were seldom absent from their entertaining board. She was confronted with a complex situation in the arrangement of the kitchen, since to reach the dining room it was necessary to pass through two pantries, and she soon discovered she

was taking many unnecessary steps. Just how many she hadn't the remotest idea until she started to compute the distance in terms of actual figures. To her astonishment she found she was walking at the rate of 5,064 feet a day, or nearly 365 miles a year, and this did not take into account the time spent in setting the table, clearing it away and going back and forth to the cellar. Of the entire amount of mileage she discovered that more than half of the 5,064 feet was consumed in walking from the kitchen table to the stove, from the stove to the further pantry, from the pantry to the icebox and from the pantry to the work table in the kitchen.

On being confronted with these appalling statistics the housewife began immediately to look for a remedy. "For," she argued, "if I am to have time to do my own work and take pleasure in it; if I am to have time for my writing as well as the enjoyment of my friends, I must reduce my housework to the point where I can get a maximum of result with a minimum of effort."

A Pullman Car Kitchenette

And the problem was solved to her own satisfaction and apparently to that of the friends who eagerly accept her bountiful hospitality. She gets up the most delightful meals and often entertains a dozen guests at dinner with delectable dishes from her "Pullman car" kitchenette. The latter is unique, since it is but five feet wide and thirteen feet long. It is fitted with every needful culinary device and is planned for quick service. Each utensil is hung where it is needed most. Package goods and

food supplies are stored in arm's reach, and everything is alphabetically indexed so as to be found in a hurry.

To gain room for her kitchenette Mrs. Housekeeper used the two small pantries, tearing out the partitions between them and sealing up the door into the old kitchen, which has since become a charming library, with a cheery fireplace in the old-fashioned chimney. This narrow room had access to the dining-room and opened to a side porch by a door and a window. The porch was enclosed in glass and screened so that in summer with the casement windows open the cook is practically working out of doors. The icebox stands on the porch, and through the diamond-paned Gothic windows the housewife can pass out the dishes to

be put in the refrigerator without moving a step.

In fitting up her kitchenette the height of the working surfaces was carefully regulated. She demanded her sink should be thirty-four inches high, despite the protest of the plumber, who stoutly maintained that "they don't make them as high as that." The two drain boards, drop-leaf table and the shelf of the built-in cupboards that line one wall were all made to follow the same standard. It is true that they don't make them that high, but they ought to.

A Sectional Gas Stove

Mrs. Pioneer also rebelled against the old type of gas stove which necessitated gymnastic efforts on the part of the cook to find out if the steak be done or the biscuits burned.

She had a space five feet in length at the end of the kitchenette for a stove and she had in her mind's eye the sort of thing she wanted to go in it. So she set out on a tour of investigation, and the result is a sectional stove of four burners that precisely fits into the space designed for it. It stands thirty-two inches high, is fifty-one inches long and twenty inches wide.

The broiler comes separate. It is 40 inches high, 23 inches long and

20 inches wide, and is fitted with a metal shelf below. Unlike most broilers that have two rows of gas jets controlled by one handle, this one has four rows, each separately controlled. A self-lighting device is also a feature. On top of the broiler rests the oven, independently heated by a U-shaped arm of gas jets controlled by two handles. The expense of operating this unique sectional stove is a little less than the conventional type, and it has the

added advantage of having the flame just where you want it.

Everything Within Reach

On one side of the kitchenette are the drain boards, sink, drop-leaf table, a stool that shoves back out of the way and a marvelous collapsible stepladder that takes no room at all and is kept under the sink. On the left are the cupboards for china and various utensils, as well as food supplies, drawers for kitchen linen, small culinary devices, with closed shelves for heavy ware, and an especial emergency shelf for canned goods, such as salmon, lobster, corn beef, soups, asparagus, pineapple and the like, to be ready for the unexpected guest.

Standing in her kitchen the cook can reach all the dishes behind her and all the tinware in the cupboards below the dish closet, as well as the baking utensils less frequently used. No space is wasted, for even the cellarway is a trapdoor. A section of the floor is lifted and the two-leaved hatches fasten with hooks against the wall. A four-foot stairway leads to a cellarette, where additional supplies are kept. Another cellar entrance accommodates those who seek access to the coal bin and furnace room.

Domesticated Office Methods

This professional housekeeper is a devotee of the filing and index system, albeit the method she uses is her own, but she applies it to every department of the home. She has her condiments, for example, ranged in alphabetical order, beginning with allspice and ending with vinegar, which is of immense assistance in getting a meal in a hurry. She makes use of the idea in making up her monthly kitchen accounts, and

Compactness — Plus System — Equals Freedom

since every item is under a separate head finds it a simple way of checking up on expenditures or to find out how long a pound of coffee, say, lasts.

Following the same plan, Mrs. System has also alphabetized her recipe book, keeping the various dishes that go together under a stock head for ready reference in getting a meal. Incidentally, also, she has long kept a scrapbook of clippings on domestic architecture, alphabetizing the material under the various rooms of the house, with marginal notes and drawings of some unusual feature that pleased her fancy or suggested itself at the moment. She made use of these suggestions to a great degree in remodeling her house. The kitchenette, however, was a concrete picture of the housewife's own taste, and was planned to meet the needs of her own environment.

All of which leads me to say that the test of efficiency is, after all, largely an individual one, so far as the domestic ménage goes. It is not at all essential for a woman to carry about the sort of "hard boiled" attitude toward life that so many efficiency experts seem to think necessary. Nor does it mean divorcing one's self from everything savoring of a personal bias. Each homemaker has her own peculiar problem to solve, and efficiency rules, as such, must either bend or break to meet individual requirements. There is, however, no reason in the world why the solution should not be both practical and feminine, and that this is quite possible the unique kitchenette at Three Gates proves.

